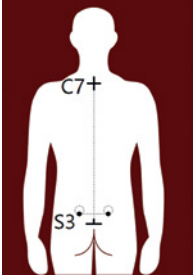
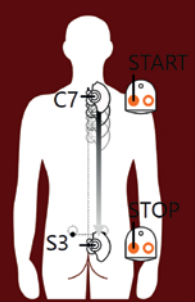
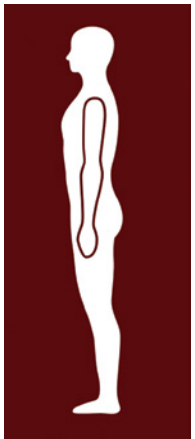


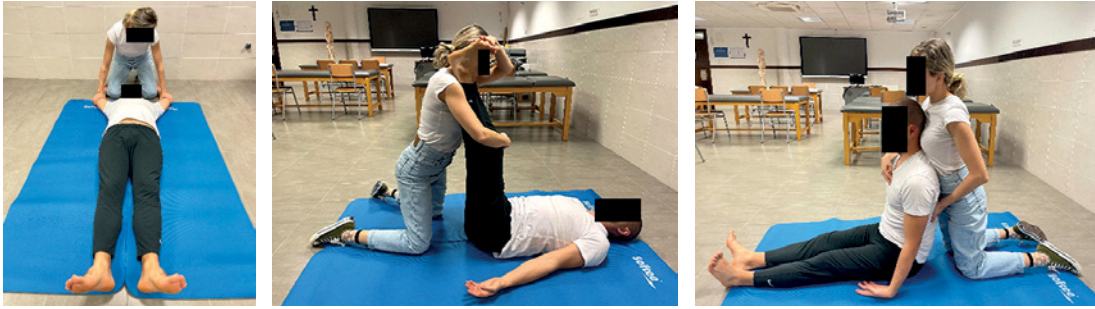


Supplementary Material 1. Comprehensive illustrated protocol for measuring sagittal standing postures using the Spinal Mouse®

Participant preparation	1	Upper body unclothed	
	2	Shoes taken off	
	3	Marking working selection	
	4	Scan start at C7 body vertebra	
	5	Scan end at S3 sacral vertebra	
Recording procedure	1	Align colored mark on hardware with C7	
	2	Guide along the spinal column slow speed	
	3	Stopping over S3	
Sagittal standing upright	1	Feet hipbone-width apart, parallel	
	2	Distribution bodyweight evenly	
	3	Knees straight	
	4	Habitual posture adaptation	
	5	Harms relaxed and hanging down	
	6	Look straight ahead	
	7	Spinal Mouse® position at C7	
Sagittal standing flexion	1	Feet hipbone-width apart, parallel	
	2	Knees straight	
	3	Roll upper body down maximally	
	4	Head and arms relaxed	
	5	Re palpate C7	
	6	Spinal Mouse® position at C7	
Frontal standing extension	1	Feet hipbone-width apart, parallel	
	2	Knees straight	
	3	Cross the arms over the chest	
	4	Look straight ahead	
	5	Bend upper body maximal backward	
	6	No compensation movement of hips	
	7	Spinal Mouse® position at C7	

Supplementary Material 2. Illustrative intervention protocol
Mézières postures guided by the physiotherapist



Individual Isostretching postures

